



Official Race Guide

Sunday, April 17, 2016

10K @ 7:30AM 5K @ 9AM

Sunday, April 17, 2016 is our 4th Annual Aut2Run -10K/5K/Fun-K! The volunteer board of the Autism Society Ventura County has been working very hard behind the scenes for a year to make this a memorable event for everyone. Please review all of the key information below to help make your experience at our event a positive one. Our race has a fun hero theme again this year which we hope you enjoy! Free pancakes will be given out to all registered race participants thanks to Kiwanis of Camarillo and Thousand Oaks, Starbucks will give out free coffee again, and Jamba is giving out free all fruit smoothies!

The Event will take place on the beautiful campus of CSU Channel Islands located at 1 University Dr., Camarillo, CA 93012. ([Map](#)) All races start in the Central Mall area in front of the Bell Tower and finish in the South Quad area of campus near Islands Café. The **10K race starts at 7:30am**. Opening Ceremonies begin at 8:15am. The **5K starts at 9:00am**, and the Fun-K will begin at approx. 10:00am when the majority of 5K participants have finished. See Page 3 for Schedule.

Please note that for the safety of all guests, there are No Dogs or other pets allowed at the event unless they are certified therapy animals or guide dogs wearing official vests and the owner is carrying their paperwork.

DIRECTIONS TO CSU CHANNEL ISLANDS

101 South: Exit 53B for Lewis Rd., left on Ventura Blvd., right on Lewis Rd.

101 North*: Exit 53B for Lewis Rd., right to Daily, Right onto Lewis Rd.

THEN continue on Lewis past Pleasant Valley Rd and past Camarillo Street.

After 7am, please enter campus ONLY USING University Drive.

Do NOT use Camarillo Street, as that is part of the 10K Trail race, which will have volunteers setting up cones or have runners, depending on when you arrive.



PARKING MAP (Click link to open map in online guide)

Your race admission fee includes free parking for the day in designated lots for the race. Follow all signs to designated parking lots. 10K runners will park in lot A10 and 5K runners and all spectators will park in lot A3 near University Dr. Volunteers will park in Lots A2/A4. There are ADA spots in all lots, with the closest spots in lot D1 and A7, which will fill up early. Please save these spots for our participants in wheelchairs.

RACE PACKET & BIB PICK UP

Saturday, April 16, 10am-6pm, RoadRunner Sports, 1714 Newbury Road, Thousand Oaks, (805)375-1415 ([Map](#))

Bring your REQUIRED Photo I.D. and please print the [required University Waiver](#), review it carefully, sign it and turn it in to receive your race bib. We will have some extra waivers at packet pick up. Parents must sign page 2 of the University Waiver for their kids. (For our first-timers, “bibs” are numbers each runner wears on their shirt).

NOTE! – Our custom race bibs have pull-off tabs. Do NOT remove them. Volunteers will remove one for t-shirt pick up and one when you are given your medal. If your tag is removed, you will not receive these items! It is the best way for us to manage our limited resources so that every pre-registered participant receives their items.

Bib Pick up for Friends – You will need a copy of your friend’s photo I.D. **AND** their signed University Waiver. They can text you a copy of their ID to show us if that is easier, but we must have their signed paper waiver to give to CSU Channel Islands. If you do not have both of these items, you will not be allowed to pick up someone else’s bib and they will need to pick it up themselves on Race Day. Late Packet Pickup opens at 6:30am on race day.

NO LATE REGISTRATION THIS YEAR – Our popular race sold out for the 4th year in a row and we expect 2500 runners! To better ensure the safety of our participants and reduce race-day stress, we are not offering late registration at bib pickup or on race morning. For those who missed out, please encourage them to come cheer, visit with the resource providers, see the Art Exhibit, and register online earlier next year.

RACE TIMING – Disposable RFID tags are being used to record the times of the 10K and 5K events. They are attached to the back of the bib. Do NOT pull them off and avoid bending them as new ones will not be issued. Our timing company, Vendurance, will be posting results by age group and overall results for each race. Please do not interrupt them to ask about your time. Look for the results posted near their booth and online after the race.

KIDZONE – The KidZone area will be open from 7:30am – 12noon. **Children must be supervised at all times** by parents or a designated adult. Volunteers will be staffing the KidZone but parents are responsible for their children. We have two bounce houses, arts, crafts, and fun games available for kids under age 12, or those with special needs of any age. NO FOOD is allowed in the KidZone area. A separate waiver is required for the bounce houses.

ART EXHIBIT - Artwork from local artists who have Autism will be on display in the art area, organized by Reid's Gift and Kindling Studios. Volunteers will engage people in various art projects and answer questions about art on display. This year, some pieces will be available for purchase with 100% proceeds going directly to the artists! We know you will agree that we have many gifted artists in our community on the spectrum.

RACE AWARDS – Our event is proud to attract some of our area's elite athletes! To be respectful of their time, we will be announcing overall Male/Female top three awards shortly after each event (approximately 8:10am for 10K, and 9:25am for 5K and the 15K Hero Run). We will be offering custom electronic finisher certificates, noting age group placement, which all participants in the timed races can print on their own at home. Check our website the day after the event for the link.

RACE ROUTES - Runners and walkers must be familiar with the race route. Volunteers and route signs are there to provide general guidance. Please review the routes here <http://www.aut2run.org/race-info.html> or by clicking: [10K](#) [5K](#) **The Fun-K** for the kids is 2 laps around the South Quad internal walkway. If the child or participant only wants to walk or run 1 lap, that is fine. They will be lining up on the West side of the finish line so we have to wait for the last 5K walkers to finish, at approximately 10:30am. Listen for announcements and keep your eyes out for surprise guests! Please encircle the outside of the walkway if you are not in the Fun-K so we can all cheer!

WAVE STARTS – Due to the increased size of our event this year, and for safety reasons, we will be implementing wave starts again. What this means is that the fastest runners will start in the front, and those walking or pushing sturdy strollers will start in the back. Every few minutes, our Race Directors will let the next group of runners through the Starting line. DO NOT step on or near the black rubber mats under the Starting line until your race starts or our electronic timing system may log your start time incorrectly. Please choose a wave start that matches your running or walking pace to ensure your own safety and that of other participants.

MILE MARKERS – Our Race Directors have run the courses multiple times to test their accuracy but please be aware that our race is not a sanctioned USATF event. Some GPS devices may lose reception and phone apps like MapMyRun are not always accurate. We hope you enjoy seeing our larger mile marker signs this year.

PORTA POTTIES: We will have a lot of porta potties near the start of the race, and a few placed at two areas of the course. The University also has multiple restrooms in the Bell Tower building. As the race starts in the Central Mall this year, please plan to use the facilities early so you can start your race on time.

WEATHER / WATER TABLES / RACE FOOD

- The weather forecast says it will be warm later in the day. Dress accordingly.
- Thanks to our generous friends at **Sam's Club** for donating all of our water, bananas, and pancake mix!!!
 - **Water Tables:** We have water tables on every route, and the 10K runners will run by two tables twice.
 - For the 5K the water tables are before mile 1 and just before mile 2.
- Feel free to bring your own bottle. Stay Hydrated!
- Thanks to multiple bakeries, we plan to have a lot of bagels on hand for runners after the race, as well as oranges, DOLE fruit cups, Cliff Bars, and **pancakes cooked on site by Kiwanis!**
- We are excited to welcome back Shave-It which will offer shave ice for \$5/cup with \$1 going to ASVC



GEARCHECK

All registered participants are welcome to check one small bag per person in our Gear Check station. Please pick up your belongings after your race by showing your bib. Gear Check will be staffed by race volunteers 7am-11am.

DOGS

While we all love our four-legged companions, **dogs are not allowed at the race.** The only exceptions are dogs who are currently certified therapy/service dogs wearing an official service dog vest. Owners must carry registration paperwork with them. (Yes we've put that in the guide twice because it is that important)



RACE DRESS CODE - Safety First! This is going to be the first race for hundreds of people and we are so proud of you! All participants in every race **MUST wear closed-toed shoes** and appropriate clothing at all times on campus.

HEADPHONES / MUSIC

Portable personal music devices can be used at the Aut2Run, but use extreme caution. Music should never be so loud that you cannot hear the person next to you or pay attention to directions from route volunteers or campus police. Please respect other runners who would like to enjoy the sound of nature. Devices with external speakers are not to be used.



Please note that some individuals on the Autism Spectrum are very sensitive to noise and may find comfort by wearing headphones to muffle everyday sounds, especially in large crowds. Please respect their needs for privacy and sound control.

Aut2Run 2015 Event Schedule

- 6:30 Late Bib Pick Up Opens
- 7:30 KidZone opens
- 7:30 10K Trail Race Starts (In front of Bell Tower)**
- 8:00 Resource Fair & Art Exhibit open
- 8:10 Awards Presented for top three 10K finishers on stage
T-Shirt designer Alexis Delgado introduced
- 8:15 Group Warm-Up in South Quad with DJ Marty
- 8:30 Awesome in Autism Awardees Recognized as Group**
Grand Marshall Carly Fulgham Welcomes Everyone
5K Participants make their way to Starting Line
- 8:50 National Anthem Sung by Katherine T. at Starting Line
- 9:00 5K Race Starts (In front of Bell Tower in wave starts)**
- 9:25 Awards for 5K and 15K Races on stage
- 10:15 CSU Channel Islands President Rush Welcomes All
- 10:25 ASVC 2016 College Scholarship Presentation
- 10:30 Fun-K Starts (after 5K finishes)**
- 11:30 Highest Fundraisers and Largest Teams Honored
- 12:00 Event Closes. Thank you for your support!

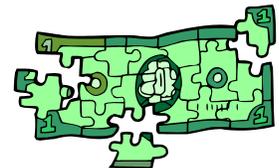


DONATIONS

Thank you to all of our fabulous Fundraisers and Teams! Your support has been incredible and has enabled us to continue to support local kids and adults with Autism and their families! Please continue to collect donations at the race and turn them into the Donation tent. Our Aut2Run donation website will remain open after the race for a few weeks so your friends and relatives can still contribute. All funds stay right here in Ventura County!

RACE STORE OFFERINGS:

Please visit our Race Store at the event. We have shirts, hats, mugs, jewelry, and various puzzle-ribbon items for sale as well as past event merchandise at reduced prices. You can also pre-purchase items [online here](#) and then pick them up at our Store near our ASVC booth.



PHOTOGRAPHY AT THE RACE – *Please be aware that this is a public event and that we intend to take photographs for promotional event purposes. If you do not want your photo taken or used, you must notify the person at the time the photo is being taken and ask them to delete it.*



We are VERY excited to announce that everyone will be able to view their own race pictures easier than ever this year online, and download all of their photos for free! Professional Photographers will be located throughout the event so please smile ☺ Check our website at www.Aut2Run.org three days after the event for the link to all of the photos and you'll be able to look up your own pictures by name or bib number.



FIRST AID – The Ventura County Medical Reserve Corps and American Medical Response (AMR) Ambulance Services are donating their time and talents to our event again to ensure that everyone has emergency medical assistance if needed. Please thank them (and don't get hurt)!

THE BEST VOLUNTEERS! We have a few very large groups of volunteers this year we want to provide special thanks to: Oxnard Fire Cadets, CSU Channel Islands students and faculty, Dr. Kocur's students from CLU, Sam's Club, Starbucks, ACHS Track, Camarillo Police Explorers, Pacifica HS Key Club, and the Ventura County Auxiliary Communications Service (Ham Radio Operators). Thank you to these and to ALL of our volunteers!

What did you think of our event? If you have any feedback, please email us after the event with praise or suggestions so we can continue to shape the Aut2Run into a fun, inclusive event you and your family will look forward to each year. Please also take a few moments to thank the University for supporting our local Autism community by co-sponsoring our race!

Autism Society Ventura County

PO Box 1558, Camarillo, CA 93011 * (805) 496-1632 * Admin@AutismVentura.org

2016 Aut2Run Sponsors

Gold Sponsors - \$2500 Donations!



Silver Sponsors - \$1000 Donations!

ABA Network, Inc.	Laurie Singer Behavioral Services
Autism Center for Treatment (ACT)	RoadRunner Sports, Thousand Oaks
Holdsambeck & Assoc., Inc.	The Shape of Behavior

Bronze Sponsors - \$500 Donations!

Amigo Baby Inc.	Easter Seals Southern California
The Arc of Ventura County	FirstSteps for Kids, Inc.
Behavior Respite in Action	Passport to Adaptive Living
California Psychcare, Inc.	SAGE Supported Living Services
CBC Federal Credit Union	STAR of CA
Daland Swim School	

Thank you to the following sponsors who are donating products or services to our race!

